



FRESH PEARS AND vegetable sticks with a dip flavored with orange juice and rind make an exciting appetizer tray and one especially inviting to the weight-watchers among the guests.

Fresh Pears and Dip Make Ideal Appetizer

Treat snack-snitchers at your next party to a delightfully different taste tempter: Cool fresh pear wedges with Creamy Orange Dip.

Simple to make, the dip boasts of cream cheese, orange juice and peel, a dab of sugar and crunchy toasted almonds. Encircling it are wedges of fresh Western pears interspersed with carrot and celery sticks.

All are excellent dippers and the flavor combination is excitingly attractive.

Refreshingly served on a mound of crushed ice, this treat will be the perfect solution if weight-watchers are invited.

If the cut pears must stand,

Casseroles Can Be Fare for Company

The casserole entree need not have the stigma of "just for family" with all the emphasis on the budget.

It can be company fare — pointing to good eating — with the low price tag an added inducement for serving it.

Today's recipe uses the versatile ground beef and combines it with tomato sauce, sour cream and cheeses for added flavor.

COMPANY CASSEROLE
8 oz. medium noodles
2 tbs. butter
1½ lbs. ground beef
1 tsp. salt
Pepper to taste
¼ tsp. garlic salt
1 can (8 oz.) Del Monte tomato sauce
1 cup creamed cottage cheese
1 cup dairy sour cream
6 green onions, chopped
¼ cup grated, sharp American cheese

Cook noodles until tender in boiling salted water. Drain; rinse with cold water.

Melt butter in skillet; add meat and cook and stir until meat has lost its red color. Add salt, pepper, garlic salt and tomato sauce; simmer gently 5 minutes.

Remove from heat. Combine cottage cheese, sour cream, onion and noodles. Alternate layers of noodle and meat mixtures in 2-quart buttered casserole.

Top with grated cheese. Bake at 350 degrees about 20 minutes until browned on top. Makes 6 to 8 servings.

A NIPPY RELISH

Use the nippy little red cranberries to make a lively relish to team up with the breakfast ham and eggs, a hot pork entree, broiled chicken or leg of lamb.

Wash and drain 1 pound fresh cranberries. Place in shallow pan and stir in 2½ cups sugar. Cover pan with foil and bake at 350 degrees for about one hour.

Remove from oven and add 1 cup broken, toasted walnuts (to toast, spread walnuts on cookie sheet and toast in oven until light brown—about 12 minutes), 1 cup orange marmalade and the juice of 1 lemon OR lime.

Blend thoroughly; let cool, then chill.



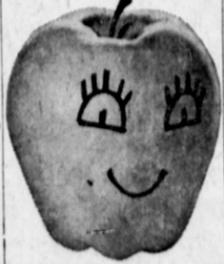
PEAR AND DIP PLATTER
Anjou and Bosc pears
Carrot and celery sticks
1 pkg. (3 oz.) cream cheese
2 tbs. orange juice
½ tsp. grated orange peel
½ tsp. sugar
Toasted almonds

Combine ingredients for dip, sprinkling toasted almonds on top. Mound platter or tray with crushed ice and center with bowl of dip.

Encircle with fresh pear wedges, carrot and celery sticks.



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great waker-upper



AMONG MY SOUVENIRS

During the holidays you think you'll never want to see sweets again but somehow as winter entertaining goes along, dinner finales are the order of the day.

Try this recipe called Lingerin' Heaven — a descriptive title!

LINGERIN' HEAVEN
1 can frozen fresh pineapple chunks
1 can (1 lb.) pitted dark sweet cherries, drained
½ cup port wine
1 cup heavy cream
2 tbs. sugar
½ tsp. rum flavoring
¼ cup currant jelly, cubed
6 slices angel food cake

Cut both ends from can of frozen pineapple chunks and slide contents into dish. Add drained cherries and port wine. Cover and marinate several hours or overnight.

Drain fruit. Whip cream with sugar and rum flavoring; carefully fold in the cubed currant jelly and drained fruit.

Spoon topping over slices of angel food cake.



COLORFUL CANNED fruit cocktail provides the gems in Jeweled Baked Apples, a new version of a favorite dessert.

Shake and Sprinkle for Good Topping

Those bits of dried-out but unspoiled cheese that frequently haunt the refrigerator can be grated and kept in tightly covered jar.

Regardless of kind, add them together. When time comes to sprinkle cheese on a casserole, fish or whatever, shake that jar for a good mix and sprinkle away.

Baked Apples Jeweled for Winter Sparkle

Not every meal is expected to rival the splendor of a Roman banquet so when you are settling down between feasts, plan baked apples for dessert.

This dessert is in fact a winner for any day in the week and with apples so plentiful in the markets plan to use them often.

The cored and partially pared apples are filled and topped with a mixture of fruit cocktail, red cinnamon candies and brown sugar. Then they are covered and baked in butter.

Use a large deep skillet or an electric skillet or these stuffed apples are just as good baked the usual way in the oven.

Served warm or cold, Jeweled Baked Apples with their bits of fruit cocktail as the gems will top off a cold-weather meal delightfully.

JEWELLED BAKED APPLES
1 can (1 lb. 1 oz.) fruit cocktail
¼ cup red cinnamon candies
¼ cup brown sugar
6 large baking apples
2 tbs. butter or margarine

In bowl, combine fruit cocktail (including syrup), cinnamon candies and brown sugar. Wash and core apples. Pare apples about ½ of the way down from the stem ends. Melt butter in large deep skillet.

Place apples, blossom-ends down, in skillet. Fill and top with fruit cocktail mixture. Cover skillet.

Bring to boil; reduce heat and simmer 25 to 30 minutes. Transfer apples and syrup to serving dish. Serve warm or cold.

Mix equal parts of cranberry juice cocktail and gingerale and let children have their own champagne.

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P.S. Want 18 good recipes with the flavor of the West? Write to Mary Wise, DEL MONTE Tomato Sauce, P.O. Box 18, Los Angeles 51, California, for your free recipe cards.



EGGS SPANISH
3 Tbsp. onions, chopped (green or dry)
2 Tbsp. oil
1 can (8 oz.) DEL MONTE Tomato Sauce
¼ tsp. each garlic salt and oregano
¼ tsp. chili powder
1 can (4 oz.) peeled green chili peppers, cut in strips
6 eggs
½ cup milk or cream
Salt and pepper
¼ lb. chopped or shredded Jack or Cheddar cheese

Gently fry onion in oil till limp; add DEL MONTE Tomato Sauce, garlic salt, oregano, chili powder and green chili peppers. Simmer a few minutes. Beat eggs with a fork, adding milk, salt and pepper. Fry either as scrambled eggs, keeping moist, or omelette. Sprinkle with cheese and spoon the hot tomato sauce mixture over all. Makes 3 to 4 servings.

Del Monte Tomato Sauce

